

25 August 2021

Robert Shaw

By email: fyi-request-16294-24d152d2@requests.fyi.org.nz
Ref: H202110002

Tēnā koe Robert

Response to your request for official information

Thank you for your request under the Official Information Act 1982 (the Act) on 5 August 2021 for information relating to mental health in New Zealand. You specifically requested:

"In 2015 there was information on anxiety and depression by Board region. A newspaper reported: "Figures released by the Ministry of Health showed that nearly one in 14 people in the Capital & Coast District Health Board zone were likely to have an anxiety or depressive disorder, the third highest rate in New Zealand. What is the full list of results of this 2015 survey and do you have any update on the same information, please?"

The information requested is included in the *Regional Results 2014-2017: New Zealand Health Survey*. This is publicly available on the Ministry of Health (the Ministry) website at: www.health.govt.nz/publication/regional-results-2014-2017-new-zealand-health-survey.

Survey results are presented for each district health board (DHB) for years 2014/15, 2015/16 and 2017/18, as well as pooled for years 2014-2017. The proportion of adults in the Capital and Coast DHB region who experienced high levels of psychological distress in the past four weeks, which is indicative of having an anxiety or depressive disorder, was 5.9 percent in 2014/15, 6.0 percent in 2015/16 and 5.8 percent in 2016/17.

Regional output from the New Zealand Health Survey is currently produced every three years and the Ministry will be releasing regional results for the survey years from 2017/18 to 2019/20 later this year.

Under section 28(3) of the Act you have the right to ask the Ombudsman to review any decisions made under this request. The Ombudsman may be contacted by email at: [@..](mailto:) or _____ by calling 0800 802 602.

Nāku noa, nā



Clare Perry
Deputy Director-General
Health System Improvement and Innovation